

THREE OBSERVATIONS FROM PSALM 46

First observation ...

1. The only ultimate solution to our troubles, pain, suffering, and fears in this fallen world is **JESUS**.

Ps. 46:1 - God is our refuge and strength, a very present help in trouble.

- He alone is our true and lasting refuge.
- We need His **PROTECTION**. And he offers us His protection.

Psalm 91:1-2 (GNT) – Whoever goes to the Lord for safety, whoever remains under the protection of the Almighty, 2 can say to him, “You are my defender and protector. You are my God; in you I trust.

- He [**JESUS**] alone is our true and lasting **STRENGTH**.
2 Corinthians 12:9 (ESV) – ⁹ But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the **power of Christ may rest upon me**.

- We need His (Jesus’) **POWER**.

- He alone can truly **help** us in the real troubles of life.

- We need His (Jesus’) **PEACE**.

John 14:27 (NIV) – Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

- **Because of God’s trustworthiness and love, we do not have to fear our past, present, or future.**
- **We should not automatically go to place of WORRYING!**

Matthew 6:25-27 (NIV) – ²⁵ “Therefore I tell you, **do not worry** about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ **Can any one of you by worrying** add a single hour to your life?

- **We should not automatically go to place of FEAR or ANXIETY**

Philippians 4:6-7 (NIV) – ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Because of God’s protection and power, we can have untouchable security, peace, and deep joy (eternal life and *abundant* life [**John 10:10**]).
 - Jesus is **PRESENT** with you and me!
 - **Psalm 46:1 (NLT)** – “*God is our refuge and strength, always ready to help in times of trouble.*”
 - Set your heart above on Jesus
- Colossians 3:1-3 (NIV)** – Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God.
- Remember, Jesus is with us until the end of the age!
- Matthew 28:20b (NIV)** – And surely I am with you always, to the very end of the age.

Second observation ...

2. The Son of God [Jesus] has OVERCOME all of our troubles, pain, suffering, and fears.

Ps. 46:2-3 – ²Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, ³though its waters roar and foam, though the mountains tremble at its swelling.

- Jesus faced all the troubles, pain, suffering, and fears we face during His life on earth, and unlike us, fully trusted in the Father and never sinned.

Hebrews 4:15-16 (CEV) – ¹⁵Jesus understands every weakness of ours, because he was tempted in every way that we are. But he did not sin! ¹⁶So whenever we are in need, we should come bravely before the throne of our merciful God. There we will be treated with undeserved kindness, and we will find help.

- Jesus faced our greatest evil enemies on the cross and personally fought them for us as our Warrior King.
- Jesus defeated all our enemies by triumphing over them in His resurrection from death.
- Jesus has been ultimately and finally victorious over Satan, sin, disease, death, and eternal suffering.

John 16:33 (TPT) – ³³And everything I've taught you is so that the peace which is in me will be in you and will give you great confidence as you rest in me. For in this unbelieving world you will experience trouble and sorrows, but you must BE COURAGEOUS, for I have conquered the world!"

- Jesus is not only with us as Christians, but He is also **IN** us.

1 John 4:4 (NLT) – ⁴But you belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world.

Thinking Deeper About our Fears...

What are your greatest fears?

- I am tempted to look ultimately to _____ [fill in the blank ... \$, Job, Health, Spouse, Comfort] as my refuge/protector when I am scared.
- I am tempted to look ultimately for strength/power in _____ [Control, My Abilities, Work] when I feel weak.
- I am tempted to look ultimately to _____ [\$, pleasure (alcohol, drugs, porn, food)] to help me deal with the sufferings of life.
- During trials like this our we are going to turn to what or who we trust in.
- These KAIROS moments reveal our true character, and convictions.

Teabag in Hot Water

- The person or thing you are tempted to ultimately take refuge in, trust in, or hope in when you are afraid if it's not Christ is an **IDOL OF THE HEART**.

We must be ready for our idols to be smashed and taken away from us for our own good and to give God the glory and first place in our hearts.

Our God is a loving God, but He's also a just God and a jealous God!

There's no room for idols and God in our hearts.

He want first place in our lives.

Application

- **When fears come, run to JESUS.**

Ps. 46:4-7 – ⁴There is a river whose streams make glad the city of God, the holy habitation of the Most High. ⁵God is in the midst of her; she shall not be moved; God will help her when morning dawns. ⁶The nations rage, the kingdoms totter; he utters his voice, the earth melts. ⁷The LORD of hosts is with us; the **God of Jacob is our fortress**.

- **Don't FRET about what you can't control.**
 - Don't be afraid, but use wisdom ...
 - Be as wise as a serpent but as innocent as a dove ...
- **Do what is under your control such as:**
 - **PRAY** to the God of the word
 - **READ** the word of God
 - Remember, and think about God's Word daily.
 - **SING** the word (listen to Worship Music)
 - **WORSHIP** and **FELLOWSHIP** with the Church (online, small groups, when we gather again in a normal fashion)
 - Look for ways to faithfully and lovingly **SERVE OTHERS**.
 - See a need, fulfill the need (not just wash hands, but wash their feet), Grocery shopping, you need diapers, T.P
 - If you need prayer ... reach out, ask for prayer or for help.
 - Do a family project, start or finish a project, read your bible, and books, do a puzzle, clean the garage, ... don't just binge on Netflix the next few weeks!
 - Get out, go for a walk, spend time in God's creation.
- **When you give into sinful fears confess your sin, rest in Christ's love, righteousness, and forgiveness, and keep your eyes on Jesus.**
- **When you feel weak ask God to fill you with the power of the Holy Spirit.**
- **Remember that no matter what comes your way, you always have hope because of what Jesus Christ has done for you.**
- **Always trust in Him!**

GOSPEL PRESENTATION:

So, in light of everything I just shared with you, if you haven't done so already, I invite you to put your trust in Jesus Christ as the One who saves you from sin and death.

Jesus knows your sin, he sees your suffering, and he longs to save you...to show you mercy, and to raise you up to a new life with him, so that you will never have to fear, so that you are never alone, and so that no matter who or what opposes or overwhelms you, in Him you can trust!

Hebrews 12:2 (NASB) – "FIXing our eyes on Jesus, the author and perfecter of faith"

As you do this you will find yourself **MOVING FROM FEAR TO FAITH.**